

# **Who Suffers from Substance Abuse? A Community Conversation March 6, 2014**

**Mark Stanford, Ph.D.**

Stanford University School of Medicine  
Santa Clara Valley Health & Hospital System  
[www.DrNeurosci.com](http://www.DrNeurosci.com)

# Tonight's Talk

1. Rethinking the “Drug Abuse” and the “Drug Abuser”
2. The Economic Impact of Substance Use Disorders
3. The Impact of Substance Use Disorders on the Community
4. Toward an Integrated Whole Community Response

**Persons with SUDs are not a  
homogenous group of people who  
use/drink in excess**

The typical drug addict/alcoholic?



# People like to party



But managing it can be a problem  
for some.



It often starts  
here...



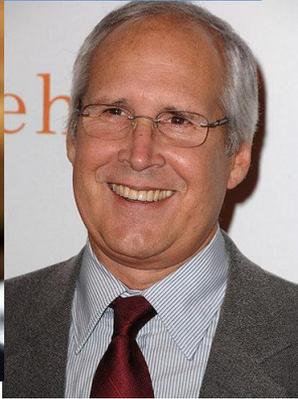
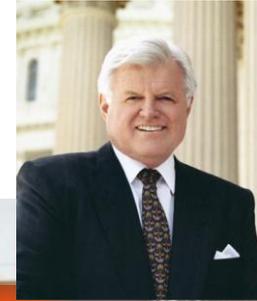
But may progress to various severity ranges in some people



# And sometimes addiction



# People do recover . . .



# But some do not



Rethinking the “drug abuser” and the community’s response to prevention and treatment...

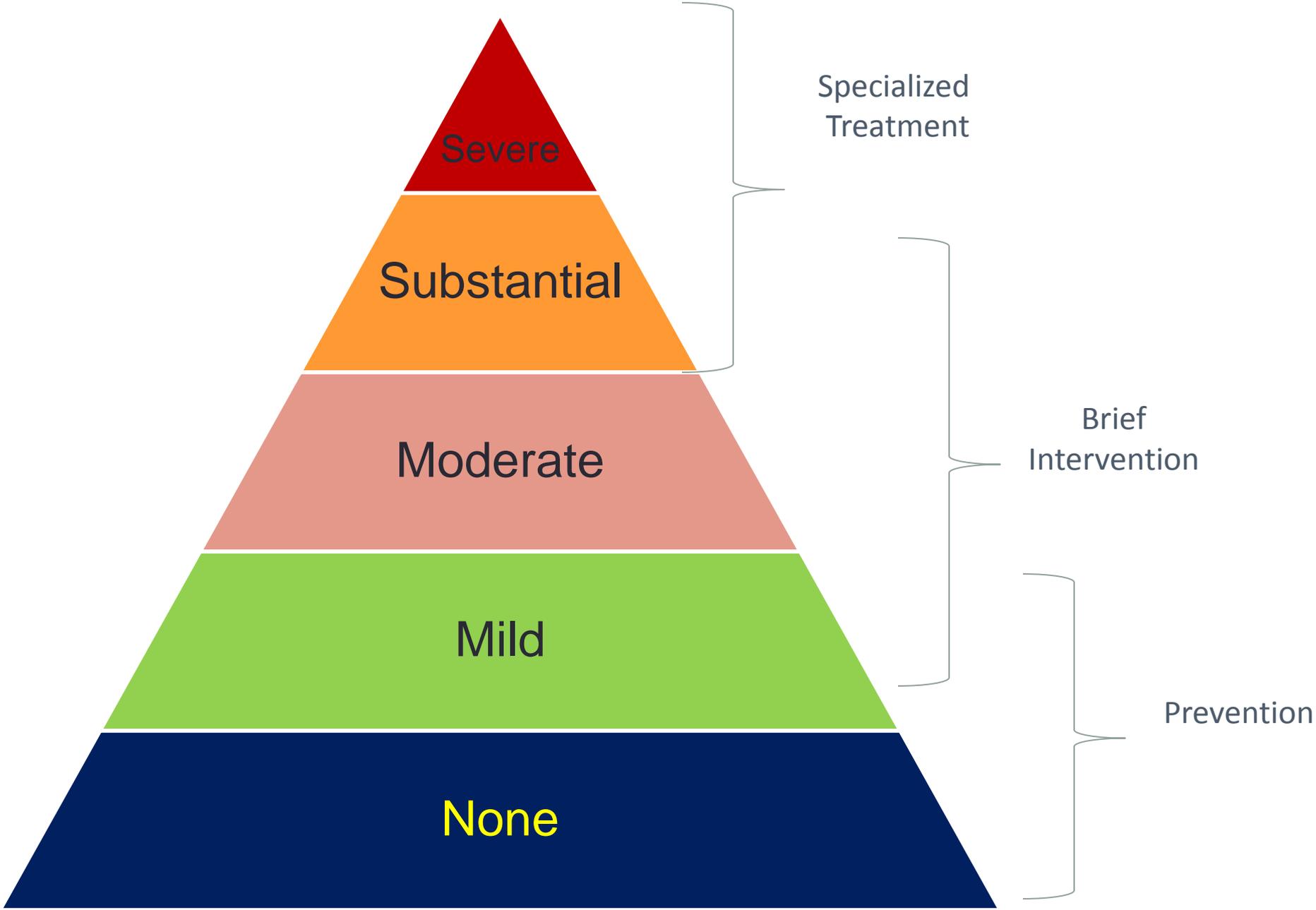
# How is substance abuse defined after 30 years of robust scientific study?

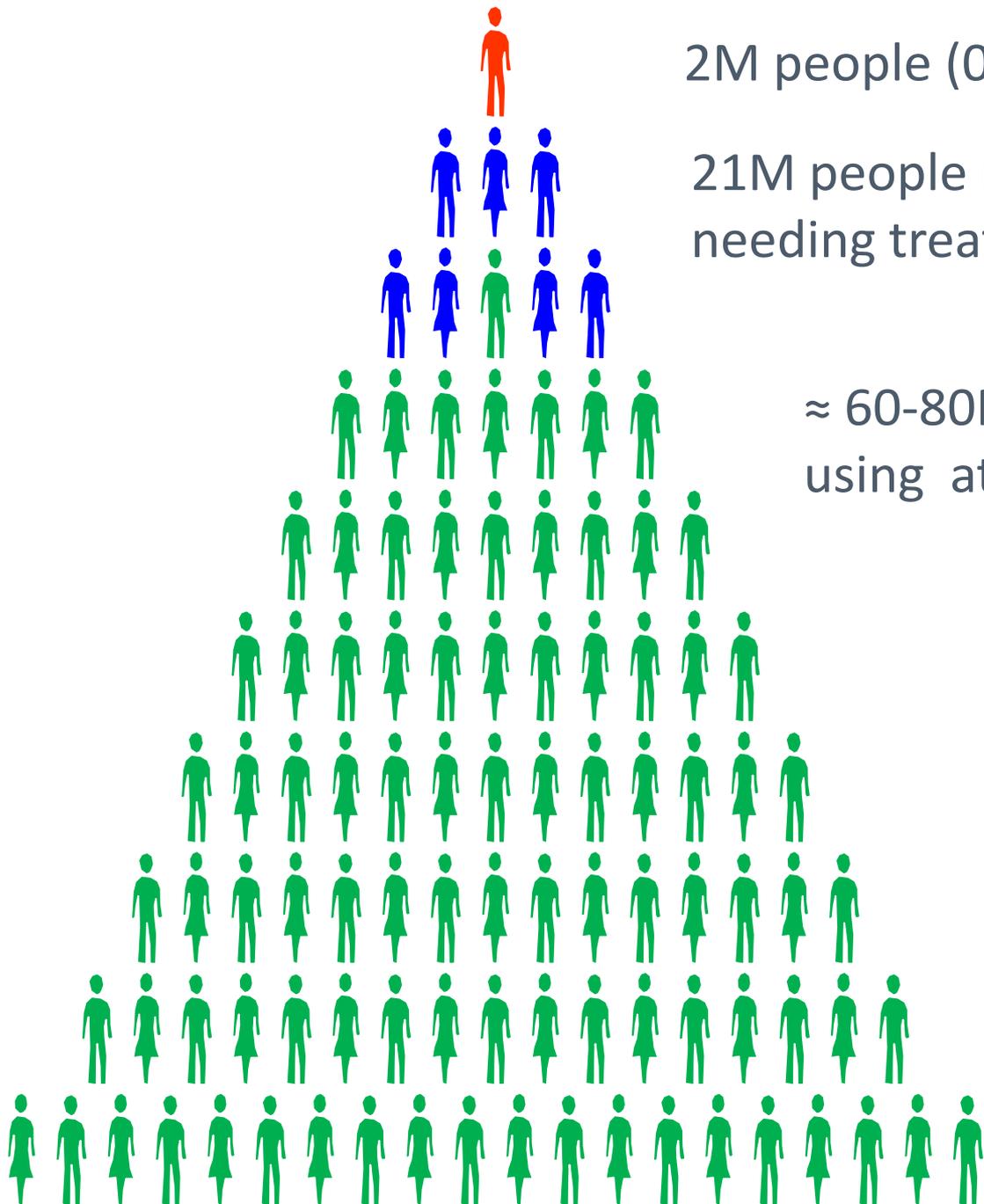
- *Substance Use Disorders* (SUD) more accurately describes a continuum of severity from misuse to problem use, and chronically severe (DSM-5).
- The most severe form of SUD, is a chronic and relapsing condition much like diabetes, hypertension and asthma.
- Addiction is a primary disease and not the result of other emotional or psychiatric problems.

American Society of Addiction Medicine, 2011.



# Distribution of Substance Abuse Problems





2M people (0.8%) receiving treatment\*

21M people (7%) have problems  
needing treatment, but not receiving it\*

≈ 60-80M people (≈20-25%)  
using at risky levels

**US Population:**  
**307,006,550**

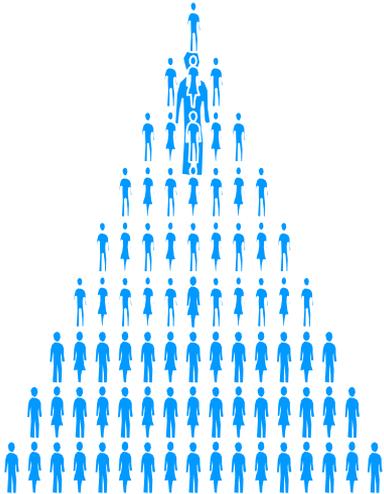
US Census Bureau, Population Division  
July 2009 estimate

\*NSUDH, 2008

UCLA ISAP. 2011

## In need of treatment (21 Million)

- Reported problems associated with substance use that met diagnostic criteria in past year
- 2.3 million (11%) received treatment in past year
- 18.7 million (89%) not in treatment in past year
  - 1.1% made an effort to get treatment
  - 4.8 % stated they needed treatment
  - 3.7% felt they needed treatment but made no effort to get it
- **85% of those in need of treatment did not feel they needed treatment**



These people  
need services,  
but will  
never enter  
the treatment  
system

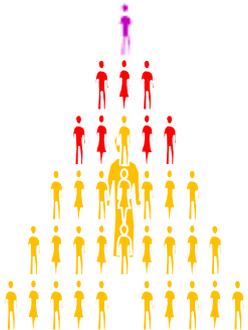


## Using at risky levels (60-80 Million)

- Does not meet full diagnostic criteria
- Level of use indicates risk of developing problems.
- Some examples . . . . .



- Drinks 5-6 glasses of wine a few times per week to unwind
- Pregnant woman occasionally has a shot of vodka to relieve stress
- Adolescent smokes marijuana with his friends just on weekends
- Occasionally takes one or two extra Vicodin to help with pain.
- Runs out of meds earlier and needs refills more often.



# Implications

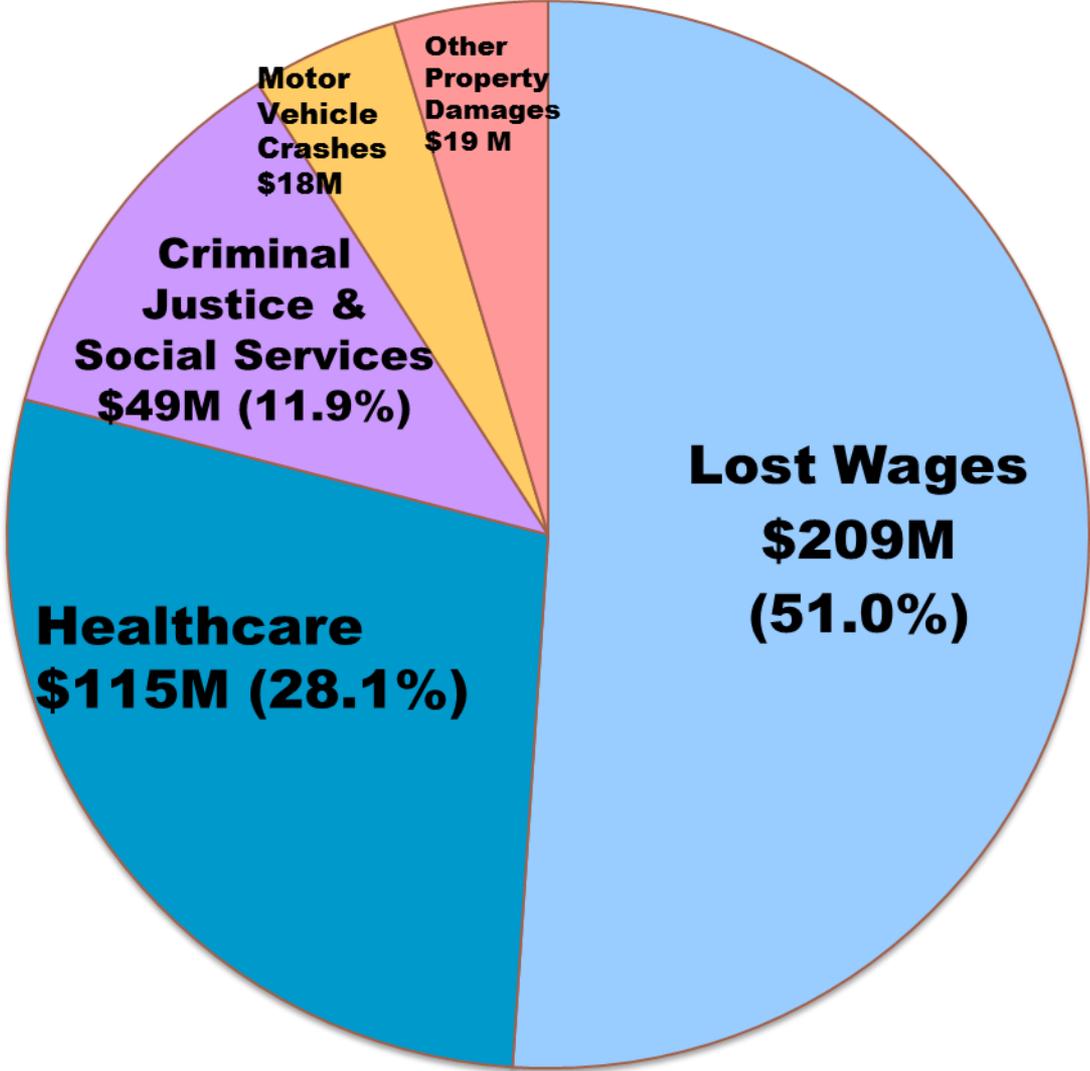
- Most people with severe SUD will not receive treatment.
- Virtually all persons with risky substance use will not receive professional treatment.



HELP!



# Cost of Untreated Substance Abuse in Santa Cruz County – Total \$410 Million per Year



# Economic Impact of SUDs

Assumptions that SUD treatment is too costly

or ineffective are:

- incorrect and,
- do not reflect advancements in treatment and health care management over past 20 years



# Return on Investment (ROI) in SUD Treatment

Every dollar spent on substance abuse treatment saves **\$4 in healthcare costs and \$7 in law enforcement and other criminal justice costs.**

On average, substance abuse treatment costs \$1,583 per patient and is associated with a cost offset of \$11,487.

**Greater than a 7:1 ratio of a return on investment (ROI).**

Etner, S., Huang, D., Evans, E., Ash, D. R., Hardy, M., Jourabchi, M., & Yih-Ing, H. (2006) Benefit-Cost in the California Treatment Outcome

Project: Does Substance Abuse Treatment "Pay for Itself"? *Health Services Research*. 41(1): 192–213.

The overarching goal of treatment is to help individuals achieve stable, long-term recovery and become productive members of society, and to eliminate the public health, public safety, and economic consequences associated with addiction.

- Addiction, like other chronic diseases, can be managed successfully with appropriate access to quality treatment.
- Early intervention tools implemented in existing systems, (e.g., primary care settings, hospitals, schools, legal systems) allow quick responses to SUDs & provide care for more people.

The White House Office of National Drug Control Policy. May 2012

# \$1 Spent



# \$7



# Impact of Substance Abuse on Community

The common link to most community health and safety problems involves substance use disorders

The link between SUD and other social systems is well documented



# Housing/Homeless

- Nearly 2/3 of persons receiving services from homeless assistance programs in the US have had either alcohol abuse or drug abuse problems in their lifetime.
- Over 1/2 of single, homeless adults need substance abuse treatment.



# Child Welfare

- Problems with alcohol and drug use are present in between 40% and 80% of the families known to child welfare agencies
- Alcohol and drug abuse is associated with more severe child abuse and neglect and is indicated in a large percentage of neglect-related child fatalities.



# Public Health & Safety

- Drug use increases the likelihood of criminal behavior
- Offender drug use is involved in more than 50% of all violent crimes, in 60-80 % of child abuse and neglect cases, & in 75% of drug dealing & manufacturing cases
- 90% of inmates with mental disorders have an addiction disorder



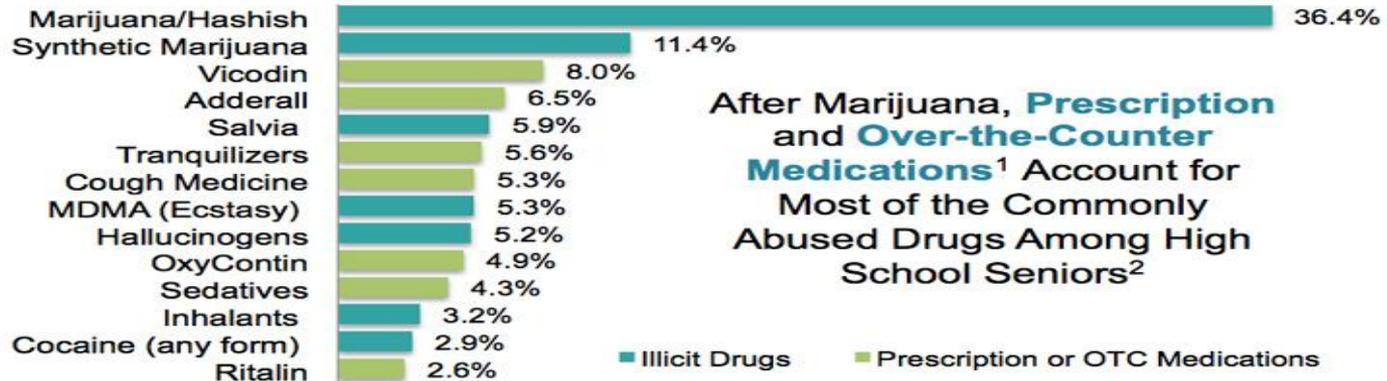
Chronicle / Katy Raddatz

# Mental Health

- Over 40% of persons with an addictive disorder have a co-occurring mental disorder
- Dual diagnosis occurs in 28-50% of the mental health disorder population
- For persons with bipolar disorder, the rate is 60.7 percent.
- Children & adolescents diagnosed with attention deficit hyperactivity disorders (ADHD) are at special risk for SUD.



# School & Youth

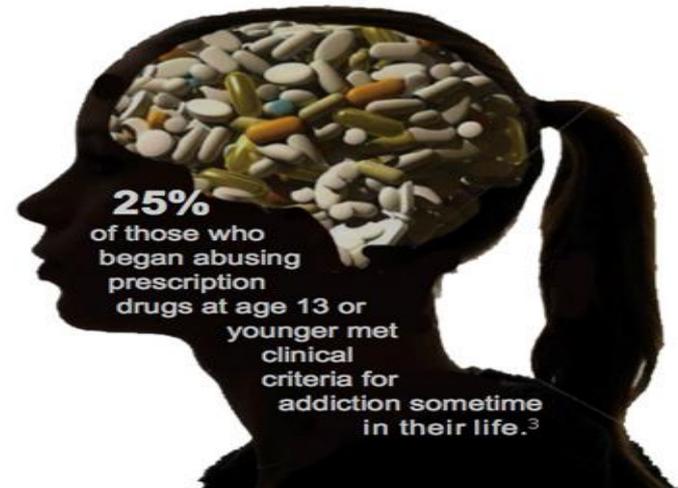


After Marijuana, **Prescription and Over-the-Counter Medications**<sup>1</sup> Account for Most of the Commonly Abused Drugs Among High School Seniors<sup>2</sup>

About 1 in 9 youth



or 11.4 percent of young people aged 12 to 25 used prescription drugs nonmedically within the past year.<sup>3</sup>



<sup>1</sup> Past Year Use

<sup>2</sup> Monitoring the Future Survey, 2011

<sup>3</sup> National Survey on Drug Use and Health, 2010

# Physical Health

- Over 72 medical conditions have risk factors attributable to substance abuse.
- 70% of all health care visits are generated by behavioral health factors.
- Primary care is the *de facto* mental health and SUD services for 70% of the population.
- AOD-related deaths, accidents, spreading of infectious diseases, drug-related medical emergencies, and HIV/AIDS have significant role in the health of our community



# What Does it Mean?

From a “Return on Investment” perspective, it makes sense to invest in substance abuse treatment.

Since the majority of people with SUD are not interested in traditional treatment, we must consider ways to change the infrastructure to reduce the impact that substance abuse has on the whole community .



# Toward an Integrated, Whole Community Response....

Integrated systems, collaborative care and community partnerships are part of the new directions in health care and embrace the spirit and intent of the ACA



# Moving Forward

- If we continue to perceive SUD from the lens of yesteryear without the science behind the treatment, we do a great disservice to those we provide for and the community in general.
- Attempting to constantly revise policies, practices and social system infrastructures based on inaccurate and outdated data on SUD is inefficient and ineffective.



# Proven Practices for New Direction

Changing the way communities address health care problems, including SUD prevention and treatment, is the new direction.



An example of how this is being done with mental health, substance use and physical disorders . . .

# The PROBLEM

People with mental illness die earlier than the general population and have more co-occurring health conditions.



**68%**

of adults with a mental illness have one or more chronic physical conditions

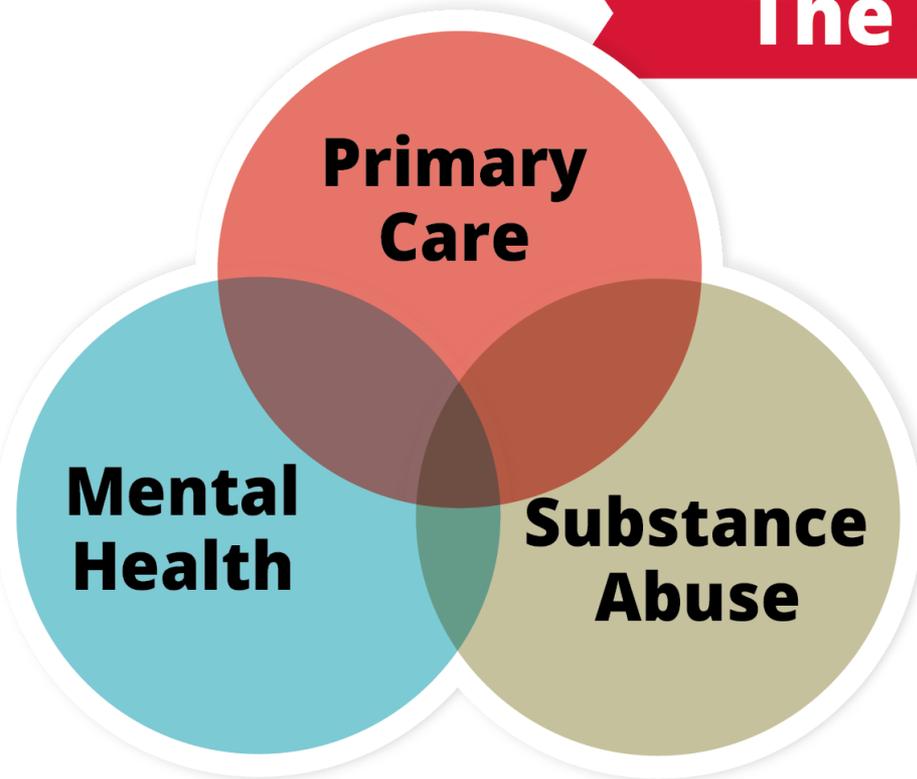
more than

**1 in 5**

adults with mental illness have a co-occurring substance use disorder

National Council for Behavioral Health. 2013.

## The SOLUTION



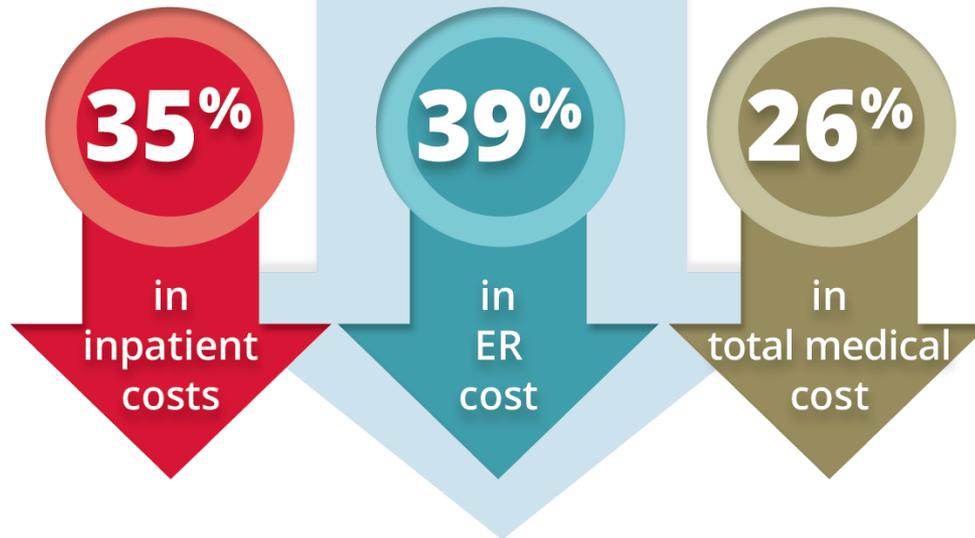
The solution lies in integrated care - the coordination of mental health, substance abuse, and primary care services.

Integrated care produces the best outcomes and is the most effective approach to caring for people with complex healthcare needs.

National Council for Behavioral Health. 2013.

# INTEGRATION WORKS

Community-based addiction treatment can lead to...



National Council for Behavioral Health. 2013.

# County of Santa Cruz – Alcohol & Drug Program A Community Conversation – March 6, 2014

To request a copy of the comprehensive review  
of the research on this topic, contact:

Bill Manov, Ph.D., Director, Santa Cruz County  
Alcohol and Drug Program

[bill.manov@santacruzcounty.us](mailto:bill.manov@santacruzcounty.us)

Or

Mark Stanford, Ph.D. at *[www.DrNeurosci.com](http://www.DrNeurosci.com)*